

## Kurindira inyishu z'ibipimo nya COVID-19?

Uyu munsi wafashwe ibipimo bitegerezwa gusuzumwa mukuraba ko urwaye COVID-19. Birashobora gufata iminsi mikeyi kugira usubizwe inyishu. Umuganga wawe azokumenyesha inyishu zavuye mu bipimo vyawe. Abakozi bo mu Gisata Kijejwe Amagara y'abantu bashobora kubanza kukwegera baguhe impanuro canke kukubaza ibibazo vyerekeye abantu mwegeranye.

### Ibantu wokora mu gihe urindiriye:

- Nimba hari ibimenyetso biriko biribonekeza ku mubiri wawe, canke nimba [washizwe ahantu ha wenyene](#) bitumwe n'urugendo wakoze canke waregeree umuntu wemejwe ko arwaye COVID-19:
  - Guma imuhira. Ntuje kw'ishure, ntutonde ku kazi canke ntuje ahantu abantu benshi bakoranira. Kora uko ushoboye ntiwegere abandi bantu n'ibitungwa vy'imuhira.
- Nimba ukeneye kubonana na muganga, banza umuterefone kandi umubarire ko wapimwe COVID-19 kandi urindiriye inyishu y'ibipimo.
- Bandanya ufata intambwe z'ukwikingira:
  - Ambara agapfukamunwa mugihe bidakunda ko wirinda kwegera abandi bantu n'ibitungwa.
  - Karaba iminwe kensi mu kiringo k'imisegonda 20. Koresha umuti wica imigera urimwo alukolo, nimba isabuni n'amazi atariho biri.
  - Ukoroye canke wasamuye wipfuke n'inkokora canke n'agatambara, uce uta ako gatambara ahashirwa umwavu.
  - Wirinde gukora ku maso yawe, ku mazuru mbere no ku munwa.
  - Wame usukura kandi utere umuti wica imigera ahantu n'ibantu abantu bama bakorako.

### Nimba inyishu z'ibipimo zerekanye ko iyo ndwara atayo ufise, kandi

- **warashizwe aho kuba ha wenyene** bitumwe n'urugendo wakoze canke waregeree umuntu arwaye COVID-19, kandi
  - **warapimwe ku munsi w' 7** aho wari warashizwe ho kuba ha wenyene canke nyuma y'uwo munsi, mbere ata bimenyetso vyibonekeza ku mubiri wawe ufise, utegerezwa guhagarika kwiyugarana. Canke,
  - **canke wapimwe imbere y'iminsi 7**, guma wiyugaranye mu mins 14 isigaye. Mugabo, nimba ata bimenyetso vyibonekeza ku mubiri wawe, urashobora guterefona muganga wawe mugategekanya igikorwa co gupimwa ku munsi w' 7 canke nyuma y'uwo munsi.

### CANKE

- **ntiwiyugaranye:**
  - bandanya ibikorwa vy'ukwikingira nko kwambara agapfukamunwa, gukaraba iminwe no gusigaza ikirere hagati yawe n'abandi.
  - nimba urwaye iyindi ndwara itari COVID-19, guma imuhira gushika ibimenyetso biheze.

### Nimba inyishu z'ibipimo zerekanye ko watowe iyo ndwara,

- muganga yama akuvura azoyaga nawe ku biraba ingene amagara yawe yobungabungwa no kuvura ibimenyetso ivyo ari vyo vyose.
- Abakozi bo mu Gisata Kijejwe Amagara y'abantu bazoguterefona bakumenyeshe igihe uzosubira gutangura kurangura ibikorwa vyawe bisanzwe. Muzoyaga kandi ibiraba abantu mwegeranye.

Ayandi makuru atomoye woyaronka ku muhora wacu ngurukanabumenyi: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)

## Waiting for test results for COVID-19?

Today you gave a specimen that will be tested for COVID-19. It may take a few days for the results back. Your medical provider will notify you of your test result. The Health Department may reach out first with recommendations or to ask questions about your close contacts.

### Things to do while you wait:

- If you are experiencing symptoms, or if you are in [quarantine](#) due to travel or close contact with someone confirmed to have COVID-19:
  - Stay at home. Do not go to school, work or any other public place. Separate yourself from people and pets in your home, as much as possible.
- If you need to see a health care provider, call them first and tell them that you were tested for COVID-19 and are waiting for results.
- Continue taking preventive steps:
  - Wear a mask if you cannot avoid close contact with other people and pets.
  - Wash your hands often for at least 20 seconds. Use an alcohol-based hand sanitizer, if soap and water aren't available.
  - Cover your coughs and sneezes with your sleeve or a tissue, then throw the tissue in the trash.
  - Avoid touching your eyes, nose and mouth.
  - Routinely clean and disinfect frequently touched surfaces and objects.

### If test results are negative, and

- **you are in quarantine** due to travel or close contact with a person with COVID-19, and
  - **you were tested on day 7** of quarantine or after, and you don't have any symptoms, you may end quarantine. Or,
  - **you were tested before day 7**, remain in quarantine for the remainder of the 14 days. However, if you don't have any symptoms, you can call your provider to arrange for testing on or after day 7.

OR

- **you are not in quarantine:**
  - continue taking preventive actions like wearing a mask, hand washing and social distancing.
  - if you are sick with an illness other than COVID-19, stay home until symptoms end.

### If test results are positive,

- your health care provider will talk with you about your care and treatment of any symptoms.
- the Health Department will contact you and let you know when you can resume regular activities. They will also talk to you about your close contacts.

More information is available on our website: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)